

G y m s

Lat Pull Down / High Pulley Station

Lat Pull Down | Triceps Press Down | Cable Crossover

PHG2000WS Home Gym

Take your workouts to a superior level with the new PHG2000WS from Powerline. Boasting features commonly found in a health club, the PHG2000WS is versatile enough to target all six major muscle groups in the privacy of your own home.

We've taken the drudgery out of strength training by ergonomically designing the PHG2000WS for comfort and optimum exercise biomechanics. This home gym brings an important new element to your exercise routine...convenience. Everything is within reach. Every adjustment, every pop-pin and every pivot point feels natural. You'll spend your valuable time working out instead of setting up. Produce maximum results in a minimum amount of time with a gym designed to fit your body, your home and your budget.

Item#: PHG2000WS Dimensions: 84"H x 75"L x 37"W

Pec Fly Station

Pectoral Fly | Reverse Delt

Multi-Grip Press Station

Horizontal Grip Chest Press | Vertical Grip Chest Press | Incline Press | Shoulder Press

150 Lb. Weight Stack

Leg Extension / Leg Curl Station

Leg Extension | Leg Curl

Seated Row / Low Pulley Station

Seated Row | Biceps Curl | Delt Raise | Leg Abduction & Adduction

...versatile enough to target all six major muscle groups in the privacy of your own home.

FREE

with Powerline Home Gyms



Lat Bar

Straight Bar

Utility Strap



Full Color Exercise Poster Included



Chest Press

Lat Pulldown

Leg Extension

Biceps Curl

Seated Row

Pec Fly

Rear Delt

W



32" Wide

Keep your workouts organized in our space-saving dumbbell rack, each of 5 to 30 lbs. and retrieval.

Item#: PDR282W

AUTHORIZED DEALER

1900 South Des Plaines Avenue | Forest Park, GA

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Light Storage

EZ-Load Olympic & Standard Weight Trees

Store up to 1,000 Lbs. of weight in less than 3 sq. ft. of floor space. All plates stay safely suspended for convenient retrieval.

Item#: SWT14 Dimensions: 24"H x 27"L x 16"W
Six 1"x6" Storage Posts

Item#: OWT24 Dimensions: 24"H x 27"L x 16"W
Six 2"x6" Storage Posts



EZ-Load Dumbbell Rack

Keep your dumbbells organized and safe with the EZ-Load Dumbbell Rack. Holds one pair of dumbbells for easy storage.

Dimensions: 22"H x 32"L x 14"W

Home Gyms / Power Rack / Benches / Smith Machine / Single Station

POWERLINE®

Strength Training Equipment

POWERLINE®

WARRANTY

In-Home One Year Warranty on Everything

POWERLINE®

1-800-601-3013 | Telephone: 1.708.427.3555 | Facsimile 1.708.427.3556 | Web: www.powerlinefitness.com

We feel it will improve the product. Powerline machines maintain several patent pending features and designs. All rights reserved on all design patents and utility patents.

POWERLINE®

Home

PHG1000W Home Gym

Get a total body workout from one compact machine. The PHG1000W is designed to be versatile, durable, dependable and affordable. A standout feature on this machine is the patented press arm system that functions as a chest press station and replicates the pectoral dumbbell fly. Perform numerous high pulley, low pulley and leg extension / leg curl exercises in any room of your home or office. The PHG1000W fits anywhere.

Take your workouts to a higher level by adding the optional 150 Lb. selectorized weight stack. The easy selector pin saves time and energy and still allows you to add standard weight plates when you want to push your limits.

Item#: PHG1000W Dimensions: 84"H x 61"L x 38"W

Pec Fly Station

Pectoral Fly

Chest Press Station

Horizontal Grip Chest Press

Weight Plate Carriage

Leg Extension / Leg Curl Station

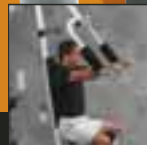
Leg Extension | Leg Curl

Seated Row / Low Pulley Station

Seated Row | Biceps Curl | Delt Raise | Leg Abduction & Adduction

Lat Pull Down / High Pulley Station

Lat Pull Down | Triceps Press Down | Cable Crossover



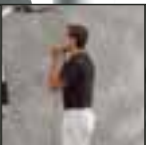
Chest Press



Lat Pulldown



Leg Extension



Biceps Curl



Seated Row



Optional 150 Lb. Weight Stack Upgrade Kit

Item#: #SP150



Full Color Exercise Poster Included

Sculpt your body to its Ultimate Form

POW

P O W

Crunch Board

The heavy-gauge 2" x 2" steel mainframe features all-4-side welded construction for a rock-solid foundation. Extra thick and durable DuraFirm™ back and seat pads deliver comfort and proper posture. Crunch your way to a flat stomach the smart way! The weight carriage accepts Olympic and Standard plates for maximum resistance.

Item#: PAB21W

Dimensions: 25" H x 39" L x 18" W



Vertical Knee Raise

This awesome upper body machine allows you to strengthen your arms, shoulders, chest and back while you cut and trim your waist. That V-shaped torso you always wanted will be yours with the Powerline Vertical Knee Raise.

Item#: PVK083W
Dimensions: 81" H x 37" L x 28" W



Pull Up

Dip

Push Up

Item#: PPR178W

Ab Board

Designed for enhanced development of the abs and obliques, this Ab Board features comfortable padding and thick rollers to keep you in position as you crunch your way to six-pack abs!

Item#: PAB139W Dimensions: 25" H x 39" L x 17" W



Roman Chair / Back Hyper

Did you know that 90% of your everyday movements involve your abs and lower back? This Roman Chair / Back Hyperextension was developed for unsurpassed development of your entire midsection.

Item#: PCH24W Dimensions: 36" H x 46" L x 25" W



Preacher Curl Bench

The best exercise for building thick, crowned biceps is, without a doubt, the bicep curl. Our Preacher Curl Bench is angled for optimum isolation of the biceps for accelerated results.

Item#: PPB32W Dimensions: 37" H x 35" L x 34" W



Power

Every series of these machines... Now you can... weight... effective... without the...

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- Heavy ga... electrostic... coat finish
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- Includes... and two s... easy set
- Extra lon... knurled h...



Squat



Turn your home into a powerhouse.

You can have a great body and a healthier lifestyle. And Powerline Strength Training Equipment can help you get there. Sculpt your body to its ultimate form. Build well-muscled arms, a defined chest, chiseled abs, and a stronger back. Add strength, stamina, and explosive energy to every major muscle group.

For over 15 years Powerline Strength Training Equipment has been saving our customers the time, travel time, and hassle of the gym. From the privacy of your own home, you can perform your workout to trim, tone, and build the body you want on your own schedule.

With Powerline, you can enjoy the benefits of quality fitness equipment...anytime you want. At a price we put health and strength within your reach. This adds a vital element to your workout. You're inspired! See what a difference just 20 minutes a day - three days a week can make and

Power Rack / Benches / Smith Machine

Dimensions: 80"H x 41"L x 46"W



Perfect for the Power Rack or Smith Machine. Ideal for freeweight dumbbell workouts.



Flat/Incline/Decline Bench

This versatile free weight bench is the cornerstone of any barbell or dumbbell routine. It works great with our Power Rack and Smith Machine for intense workouts without a spotter. Adjusts from 90° Shoulder Press to decline position. Includes T-Bar Leg Hold-down with thick comfortable foam rollers.

Item#: PFID130W Dimensions: 20"H x 51"L x 22"W



Preacher Curl Attachment
Item#: #PPCA11

Leg Developer Attachment
Item#: #PLDA11

Optional Attachments



Bench Press **Pull Up**

Item#: PSM144W Dimensions: 80"H x 45"L x 76"W



Add strength, stamina and explosive energy to every muscle in your body.

Smith Machine

The fusion of freeweight power with the safety and control of a machine. Push your limits and make faster gains than you can imagine without the need for a spotter. The Smith Machine has been building better bodies for decades and can get you where you want to be... Bigger, Faster and Stronger.

- Heavy duty steel construction with heavy gauge reinforcement plates and hardware
- 14 Lockout Points spaced 4 1/2" apart for user safety
- Heavy Duty Adjustable Safeties
- Heavy Gauge Diamond Plate Foot Plate
- Patented Super-Glide Nylon Bushings for frictionless movement
- Optional Lat Attachment with 150 Lb. weight stack available
- Optional Pec Attachment available

Power Master Bench

This combo bench is an all-in-one free weight center that delivers a total body workout with room to grow. Perform bench presses, inclines, declines, shoulder presses, leg extensions, leg curls and more! The heavy gauge steel mainframe features a wide base for extra stability.

Item#: POB44W Dimensions: 51"H x 70"L x 45"W



Bench Press **Squat** **Lat Pulldown** **Incline Press** **Shoulder Press**

Optional Attachments



Lat Pull Down
Item#: #LATA11

can get you
powerful legs,
ur body.

the expense,
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an affordable
motivation. Get
the new you.



Leg Extension



Leg Curl

Leg Extension/Leg Curl Machine

Develop your quadriceps and leg biceps while protecting your knee joints from stress and injury. Adjustable to fit any size user.

Item#: PLCE165W Dimensions: 27"H x 62"L x 25"W

Lat Machine

Perform a wide variety of upper body building exercises like lat pulldowns, triceps pressdowns, seated rows, upright rows and more. Features dual position 8" foam rollers to hold you in position and patented nylon bushings for super smooth operation.

Item#: PLM180W
Dimensions: 80"H x 48"L x 25"W



Squat Rack

Adjusts from 30" to 60" for a variety of free weight exercises and user heights. Perfect for squats, lunges, calf raises and much more!

Item#: PSS60W Dimensions: 30" to 60"H x 37"L x 46"W



Seated Calf Raise

Develop powerful and well-proportioned calves quickly and safely with this seated calf raise machine. Operates on a 3:1 weight ratio and features a round foot platform for ultimate strength and comfort.

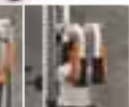
Item#: PSC43W Dimensions: 32"H x 45"L x 21"W



Vertical Leg Press

This leg-blasting work station is designed for accelerated development of quads, hamstrings, glutes and calves without putting stress on your lower back. Features comfortable pads for full lumbar and neck support.

Item#: PVL156W Dimensions: 54" to 61"H x 46"L x 48"W
Note: OPTIONAL Olympic Adapter Sleeves (OAS or OAS14) shown



ment Pec Attachment
Item#: #PPA13W